

## ***INPATIENT PAIN EDUCATION HANDOUT***

At Madigan Army Medical Center, we want your pain to be controlled safely during your stay in the hospital. We strive to exemplify our motto of "Care with Compassion." At Madigan we have a two-step approach to check for pain:

1. An initial full pain assessment and
2. An ongoing, briefer, pain assessment.

For adults, we use a numerical rating scale (NRS) to measure the severity of pain. The scale goes from 0 to 10 with 0 = no pain and 10 = worst possible pain. For children, we use the faces scale. (Please see scales below.)

Even if you are not having pain when you come into the hospital, we know that you could begin to have pain later on during the hospital stay. Thus, we want to help you know what to do and who to contact if you begin to have pain. If you have pain, you need to tell your doctor or nurse or pull your call light – *do not suffer in pain*; let someone know.

Your health care providers are responsible for making your hospital stay as comfortable as possible. They are responsible for monitoring and treating your pain. You should participate as fully as possible in all treatment decisions by:

- a. Making sure that you let your care provider know if you are in pain, if the pain treatment is not working, or if you are having an adverse effect from the pain treatment.
- b. Informing your health care provider of all currently prescribed medications, over-the-counter medications, herbal or home remedies, and alcohol or drug use.

Throughout your hospital stay, our goals are to get you well and to address your pain to the best of our abilities. There may be times when it will not be possible to control your pain safely. However, working with you as a team, your health care providers will strive to make you as comfortable as possible.

### **Pain Scales**

